

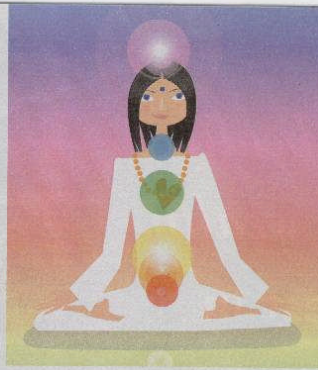
FOLLOW THE CHAKRA RAINBOW

Amid the mystical notions invading healthcare today, the concept of chakras seems stranger than most. The seven main chakras are said to be energy centres dotted from the base of the spine to the crown of the head, each allied to a key area of the body and mind. Each chakra also corresponds to a colour of the rainbow, ascending from fiery red (spine), through orange (genitals), yellow (solar plexus), green (heart), blue (throat), indigo (brow) to violet (crown).

The concept of chakras was first described in Indian manuscripts some five millennia ago. There is research to support their physical existence, and now they are being used by some Western medical doctors as well as many natural health practitioners. According to Dr Richard Gerber, an American doctor, researcher and author of *Vibrational Medicine*, the chakras are located over major hormone and nerve centres, and seem to provide support to the nearby organs, helping them process messages and also boost energy levels.

Now Colour Breathing, a chakra-based meditation therapy developed by healer and natural therapist Alison Bourne, is being used to great effect in hospitals, schools and businesses. The idea is that you relax and balance your mind and body by breathing as you gaze at coloured discs, each representing a different chakra. There's also a simple-to-follow book and a CD which talk you through the meditation process, and affirmation cards bearing simple statements, such as 'I am confident' (a yellow disc) and 'I am safe' (a red one).

Colour Breathing products for schools are being launched, after being pioneered by the Discovery Project's Emotional Intelligence programme (www.discovery-project.com), which



found that it even works on teenage boys. 'It isn't some pink and fluffy New Age notion,' says David Boxall, education manager of the project. 'It helps people feel in control.'

Research shows Colour Breathing can also help calm stress. 'I'm sitting with a red disc on my desk and a *Music for Colour Breathing* CD playing in the background. Feeling happy!'

EXCLUSIVE OFFER FOR YOU READERS

Buy Colour Breathing products with a 15 per cent discount, plus free p&p. Prices, including discount: book kit, £12.75; audio CD, £10.99; affirmation cards, £10.19 for 70; and Music for Colour Breathing CD, £10.99. The complete set costs £43.50. To order, tel: 01425 629602, or send a cheque to Colour Breathing YOU Magazine Offer, PO Box 4647, New Milton BH25 6DY; (www.colourbreathing.com)

HEAL
NOTE



SARAH STACEY

Sarah Stacey can be contacted at: s.stacey@you.co.uk

Illustration
NILA RYE

RELIEF FOR MORNING SICKNESS?

Morning sickness is a common symptom of early pregnancy and can be miserable. Midwife and university lecturer Denise Tiran, an expert on complementary therapies in maternity care,

has compiled a helpful CD, *Coping With Sickness in Pregnancy*, which is part of the *Holistic Maternity* series. It is available by mail order for £9.99, plus £2 p&p. To order, tel: 08452 301323, or visit www.expectancy.co.uk, which also offers further help and support on the subject.



HAPPY HAIR AFTER

If winter is taking its toll on your hair, BioCare Hair & Nail Complex (£21.85 for 90 capsules, one month's supply) is effective. For menopause-related hair loss, which I receive lots of letters about, try taking all-round nutritional support, such as FemGuard (£16.95 for 90 capsules, two to three month supply), plus AD206 (£8.75 for 60 capsules, one month's supply), to help your adrenal glands – they have a hard time if you're stressed. For stockists, tel: 0121 433 3727

A BUMPY TIME FOR CHILDREN

Several readers have written to me asking for help with a skin condition called molluscum contagiosum. Although it's not dangerous, the mass of tiny bumps is distressing, particularly in toddlers and children. According to consultant dermatologist Dr Tony Chu of Hammersmith Hospital, London, 'The body's immune system eventually recognises the virus that causes molluscum and gets rid of it, but this can take about 18 months.' The problem is worse in children with atopic eczema, he adds, as their skin is more sensitive to infections, and they can get hundreds of lesions, instead of the usual half-dozen or so. The virus is spread by skin-to-skin contact, so it's very important not to scratch the bumps. Unfortunately, there are few solutions. Dr Chu suggests searching out Efalith cream, which is available in Europe. 'It contains lithium succinate and is good at suppressing viruses,' he says. The only other solution, in his view, is Aldara, a prescription-only product normally used for genital warts, which boosts the body's immune response to viruses. This is safe for children, he says, although it doesn't yet have a product licence for that age group. Cryotherapy (freezing) is a successful, but painful, option, so doctors tend to avoid using this method for children.